The Kings Hedges Community News

Carnival Special Summer 2008

Welcome to this special edition of the 'Kings Hedges Community News' celebrating the Arbury carnival. Please support your local carnival now in its 31st year!

We thought it was time to make a few changes to the newsletter. Please let us know what you think of the 'new look' good or bad!

Inside find lots of events and projects going on in the area this summer. If you have any ideas for events or projects in the area or you have a skill that you might be able to offer then please let us know by calling into No 37 Lawrence Way.

The newly formed book group and the recent German course that took place were both ideas that came from members of the community.

The office is usually open Monday-Thursday 9-12 noon. We also offer photocopying facilities A4 5p per page and A3 10p per page. We can also send a fax for you at 10p per fax local rate and 15p per page national rate.

Number 37, 37 Lawrence Way (next to Campkin Road Shops)
Kings Hedges, Cambridge CB4 2PR
Tel/Fax 01223 508197 email: marie.khnp@virgin.net

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ARBURY CARNIVAL 2008

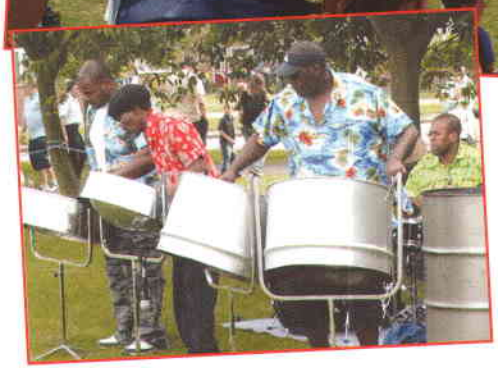
By the time you read this article we shall only be a few days away from the annual carnival on Saturday 14 June. This annual event which takes place on the green next to the community centre on Campkin Road first took place in June 1977 to celebrate the Queen's Silver Jubilee and has taken place every year ever since, so this is the carnival's 31st year! The carnival committee have all been working hard since last year to put together this event so we hope you will all come out and enjoy the day with your family and friends. This year sees the return of the procession, many more stalls and a full programme of events in the arena. This years committee are keen to continue to improve the annual carnival and hope that some more local residents will volunteer to join them. You will be very welcome!

PROCESSION

Led by an open-topped bus this colourful and noisy procession will set off from the Regional College on Kings Hedges road at 12 noon on Saturday 14 June. Local schools are taking part and hopefully the Manor Band will be on the bus. Other musical contributions will be given by a brass band, samba band and the Sea Cadets. Majorettes, outlaws, Carribean dancers and Morris dancers will all add to the fun. The route will be Kings Hedges Road, Campkin Road (younger paticipants will be able to join the procession opposite the Jenny Wren) passing the carnival site and finishing at the Manor School at about 12.45.

FUN FAIR

This year we have over 50 stalls from local groups and organisations. There will be a wide range of goods to win and buy. Among the attractions will be tombola, beat the goalie, arts and crafts, games of skill and of course fairground rides.The bar and cafe will be operating from the community centre and we hope that the weather will be on our side so that everyone can have a really good day out. Watch out for the Paper Wizard who will be around all day amazing young and old alike with his skills.



ARENA

We are planning non stop entertainment which will appeal to young and old. We will be kicking off at 1pm with the popular tribute band Glam R Us. During the afternoon we will have flex dancers, Caribbean limbo dancers, and many more.

News from No 37

It's been a busy few months at No 37; we have recently completed our first German course and our second First Aid course! We are also in the process of having our garden improved and are adding decking and new fencing to improve the look and enable us to make better use of the garden. Plus as you may have noticed we have been busy updating the newsletter! We still had time to fit in an Easter Egg hunt which was very kindly sponsored by Tesco Express on Campkin Road.

Events coming up

Teddy Bears Picnic

Thursday 7th August
11.30 am –1 pm at No 37
Come along for a picnic lunch and entertainment by Mr Rainbow the magic man. This event is for local families with children under the age of 10.
Tickets are £1 per family and can be obtained from No 37 (from the 30th June 2008) Don't forget those teddies !

First Aid Course

We are organising another First Aid Course on Saturday 19th July 9.30am-4.30pm at Arbury Community Centre. This is a certificated course for anyone that would like knowledge for the home or would like to be an appointed person at work.

The course costs £5 and this includes certificate, First Aid book and refreshments through out the day (you need to bring your own lunch)
Places are limited so please call Marie Cassidy at No 37 to book your place 01223 508197

French Course

A French for beginners course will be starting in September.

This is a ten-week course starting on Friday 12th September from 10 am –12 noon at No 37.
The course costs £30 and includes all course materials and refreshments.
Call Marie at No 37 for further information.

We are also planning to run a Spanish and Italian course-but first we need to know if there would be an interest in these courses. Contact Marie at No 37 if you are interested in any of the above.

Back for it's 6th year, the Summer Blast is coming to a rec near you!
Mon 28th July - Sun 3rd August 2008

We'd love to see you this summer - why not pop down to our café which will be open every weekday afternoon from 3 'til 5pm. Alongside this, we'll be hosting the Kids blast zone - each day there'll be a different theme with sports, crafts and games. (Venues to be confirmed)

Every afternoon from 2pm, look out for the sports team with games and tournaments planned throughout the week for the youth.

Flyers will be posted through your doors with more information in July, but look out for us at the Arbury Carnival in June.

You're also welcome to find solace and some soul time in the special prayer room we are hosting at the Good Shepherd. Each evening there will be a collective chance for prayer, worship, reflection and meditation.

And then for the weekend, we'll be out in force on the green by the Arbury Community Centre for an exciting 24 hour special 'Blast in the Park'. Food, music, bouncy castles, games and family entertainment - not to be missed!

We look forward to seeing you again!

Sarah
On behalf of the Summer Blast Team.

If you have any questions, do call the City Life Church office on 01223 355723 and Sarah will be happy to help.

Cambridge Eczema Support Group

Do you or your child suffer from eczema? My daughter has since she was eighteen months old. She is now eight.

In that time we have struggled with many different things that are a result of this skin condition. The stress of bath times, the refusal to put on creams and, worst of all, the total inability to do anything to help when she is itchy, sore and desperate for it to end.

The one thing I did feel able to do was to try and find other families in this position. I wanted to meet parents who understand the daily struggle and the emotional strain of having a child with eczema. I also wanted Jasmine to get to know other children who have this condition so that she knew she was not the only child who lived with it.

We have now begun the Cambridge Eczema Support Group. We meet on the first Wednesday of every month at Colleges Nursery and Family Centre between 3.30 and 5.30pm. It is a chance for the children to play and for the parents to have a cup of tea and a chat – eczema related or not.

We welcome any others who would like to come along. Contact me on 07790 352489 or charlotte.ash@ntlworld.com.

CAMBRIDGESHIRE CELEBRATES AGE 2008

Cambridge celebrates age is a partnership group involving older people, local authorities, the Primary Care Trust, Voluntary agencies and community groups working with and on behalf of older people. It aims to promote and encourage activity around International Day of Older People on October 1st. For the last 3 years a varied programme of activities has taken place in Cambridge City, which extended to the county in 2006.
This year's programme will be launched on WEDNESDAY 1ST OCTOBER 2008 10.30 AM at the SALVATION ARMY COMMUNITY CENTRE, MILL ROAD, CAMBRIDGE.

Look out in the next issue for activities taking place in Kings Hedges and Arbury.

News from Arbury Park

Abbie Mason,
Community Development Officer

The Arbury Park community continues to grow and take shape, with residents taking an active part in how the development is run and managed. Plans to create a new parish are underway, which will give residents the opportunity to make their own decisions for the future.

bpha has awarded its first Community Champion award at Arbury Park in recognition of the commitment and effort of our Parish Council representative, Residents' Group Chair and website owner.

We celebrated our play area with a balloon release which was very well attended, and have had quite a number of labels returned from as far afield as Bedfordshire and Oxfordshire. The play area is a hit with children from both Arbury Park and neighbouring areas. Adults get to have fun too, and we recently held a successful Quiz Night with high-scoring teams and well deserved prizes, as well as a good deal of socialising with new friends and neighbours.

Our community centre hasn't opened yet as planned, but we hope soon to have the opportunity to hold events at Orchard Park Community Primary School. In the meantime, neighbouring community centres have been very generous and welcoming to new residents.

This will be my last bulletin for the KHNP news, as I am relocating to Herefordshire, and bpha will be recruiting a new Community Development Officer for Arbury Park. Having lived and worked in Kings Hedges/Arbury for the last decade and more, I would like to say a big thank you to everyone for making them very happy and fulfilling years, and I wish you all the best for the future.

Tel: 07789 178520
e-mail: abbiem@bpha.org.uk

Useful links:
www.insidearburypark.org.uk
Resident-run website with all the latest news and information, useful for existing and prospective residents
www.sameanddifferent.net
Neighbourhood Artist Kirsten Lavers' Arbury Park website

bpha
building communities

working with South Cambridgeshire District Council, Impington Parish Council, King Street Housing Society, Places for People, Papworth Trust, Cambridge City Council.

Healthy Living ~ What does it mean to you?

The Healthy Living Project has been running in Kings Hedges for around 10 years now and has offered some great opportunities to look at local issues and also to offer parties, events, trips etc.

We want to know what YOU think though. What does Healthy Living mean to YOU.

We like to think about health in a very holistic way ~ how you feel, how you look, if you're able to get out and about, if you have time with family and friends… and we want to know what you think we can do to help make local people feel healthier, happier, safer, friendlier and more connected to life and the community.

We have already had two lunches for people who want to join the debate where we've eaten a lovely (healthy!) lunch and chatted about the issues and what we feel makes us feel healthy and what makes the community healthy and a thriving and happy place to be.

Would you like to join us for a lunchtime session? The next lunch is on Tuesday 8th July starting at noon. Please ring 508149 to book your place.

Come along and visit our marquee at the Arbury Carnival on June 14th.

The Neighbourhood Community Development team will be there from 11 a.m. until 4 p.m. with information about what's happening in all our centres and with the projects we manage.

Come early and get your FREE reusable 'community development' shopping bag.

We'll have a few interactive things for you to take part in as well…

Kids ~ come and meet Brownsfields Play Workers and make yourself something fun with junk.

Come write on our save the planet board ~ write up a 'top tip' on what you do that saves or recycles resources on our interactive board.

Fill in our **'one change'** info sheet with only four questions to be entered into the prize draw!

Celebrate the end of term with the Buchan Street Beach Party

For the second year running ~ back by popular demand!

The beach party is back, so bring your bucket and spade, dress up in your best beachwear and come and join the fun.

Sand castle making for the little ones, fancy dress, limbo contest, games, and lots of fun for all the family plus a picnic tea and ice cream when you leave!

July 24th 2 – 4 p.m.
Under 5's only £1 and over 5's (up to 90!) £2.

Summer Soft Play at Buchan Street Neighbourhood Centre

Our soft play project which runs on Friday mornings will be running over the summer holidays, with the exception of Bank Holiday weekend. The project is for UNDER 4's and costs only £1.50 per session. Sessions run from 10 – 11; 11.15 – 12.15; 12.30 – 1.30.

We also run a café with hot and cold drinks as well as toast, crumpets and fruit and in the summer, we serve ice cream at excellent prices.

There will be a few toys and games out for older children who aren't allowed on the equipment and we hope there will be a regular Friday morning session on the nearby recreation ground if older children want to hang out with the chyyps team and play games.
Soft play sessions do get booked up so please BOOK IN ADVANCE either a week ahead at the centre or by telephoning 508149.

CAMBRIDGE CITY COUNCIL
Community Development

CAMBRIDGE
Healthy Walks

Walks for Health and for fun.

Want to get fit, keep active, and have fun? Walking is free to do, needs no equipment and is good for you. Come and join us on one of the dates below. Please note, some need booking in advance.

Kings Hedges Meander

Meet at the Shops on Campkin Road at 10.30 a.m. Walks take 30—45 minutes at a brisk pace and we end with a cup of tea.
Dates for your diary:
May 29th;
June 12th;
July 10th, 24th;
August 7th, 21st;
September 4th, 18th;
October 16th, 30th;
November 27th;
December 11th.

The walk and talk

Meet at the Arbury Community Centre at 10.45 a.m. Participants can test their observation skills on route with a fun quiz before enjoying a drink and healthy lunch on arrival at Buchan Street Neighbourhood Centre. To participate, please book in advance by telephoning 01223 508149

Dates for your diary:
June 26th;
November 13th

BROADEN YOUR HORIZONS

Broaden Your Horizons ~ a project for over 55's.

The Tea Time Teaser

An afternoon of Fun and Games
Thursday June 5th
2 till 4 p.m. at...
Buchan Street Neighbourhood Centre

Come along and join in a fun afternoon of quizzes, bingo and games with prizes for our winners.
Afternoon tea and cake included

Tickets only £3

Tickets will be available from Binnie at Buchan Street, Mary Denny or Jean at the NQOTHC from May.

The Time Travel Trek

In partnership with the Fitzwillliam Museum. Meet outside Boots benches (opp M&S) and walk through Historic Cambridge to the Fitzwilliam. On arrival we have light refreshments and are then led on a themed walk and talk around the Museum. To participate, please book in advance by telephoning 01223 508149.

Dates for your diary:
July 17th, **'The Colours of Summer'**;
October 2nd, **'Myth and Storytelling in Modern Art'**;
December 4th, **'Festive Imagery'**
For more information or to book a place, please contact:
Binnie Pickard, Community Development Officer 01223 508149

News from your local Police team

Your Police Team

PC 1641 Tom Gallagher
PC 1502 Julian Haynes
PCSO 7152 Louise Walbank

At the time of writing this, the sun is shining, the sky is blue and we're all enjoying the lovely warm weather. We hope you're enjoying the beautiful weather too. However, it is at this time of the year, when the weather is getting warmer, that we start to leave our windows open when we leave our properties. Please follow this advice to prevent your house from being burgled:

- Keep all doors and windows locked.
- Ensure you know the identity of all callers before opening the door to them.
- If you have any doubts do not let people in and call the police on 0845 456 4564.
- Report anything you see that makes you suspicious to the police.
- Mark your property so recovered items can be returned to you and register everything that has a serial number too
- Use timer switches to turn on lights when it gets dark, and to turn radios on, giving the impression that someone is in the property. (I know that it's summer time, and the days are longer, but it still does get dark)

That's about it for now. Take care, keep safe, and please continue to remain vigilant and let us know anything suspicious. If you want to do this anonymously, you can on Crimestoppers on 0800 555 111.

'Not Quite Over The Hill Club'

Welcome to all our over 55 readers!

Hi again everyone!

Firstly a big Thank you to all of you who had enough confidence in me, to promote me from your 'vice-chair' to 'chairperson'.

Wow-I'm still reeling! I can only say I will do my utmost to try and please you, and to help make it a happy club.

Alas I cannot bring you an improvement in the weather but I'll try to bring a little Sunshine into your lives.

I have a good committee who work with me and a good vice chairperson. There is quite a lot going on in the neighbourhood at the moment so don't be 'home alone'. I try on a club day to get round and talk to everyone, so if I miss any of you out –I apologise!

I am there to talk to and most evenings at home-if you need to chat.

Lets hope the weather improves before our Hunstanton trip-but if not we'll make our own fun won't we! I wear quite a few hats these days, vice chair at Kings Hedges Neighbourhood Partnership. Trustee at the community centre. Anti social behaviour team, a committee member at Buchan Street Centre, but what is closest to my heart –you are.

So quite a few outings to come and DON'T FORGET THE ARBURY CARNIVAL it's Arbury's, so it is yours.

Hope you will support it
So for now
Take care, See you soon
Bette Burchell

Sit Back and Relax
Carnival Quiz

Try your hand at our Fun Carnival themed quiz

Q1 The Word Carnival comes from the latin 'Carnevale', but what does it mean?
- ☐ a) License to party
- ☐ b) Flesh fest
- ☐ c) Farewell to meat

Q2 You're in Rio celebrating the Carnival. Who or what is ' Sambodromo'?
- ☐ a) Purpose built parade stadium
- ☐ b) A ticket only dance venue
- ☐ c) Winner of the national Samba competition

Q3 In Spain, the end of the Carnival celebrations is marked by a Special event- What is it?
- ☐ a) La tomatina-a giant Tomato battle
- ☐ b) El entierrode la sardine – Burial of a symbolic sardine
- ☐ c) Los encierros de san fermin- The running of Bulls

Q4 Where is the Arbury Carnival taking Place?
- ☐ a) The Town Park
- ☐ b) Arbury Court
- ☐ c) Nuns Way Rec

Q5 Where does the Procession start from?
- ☐ a) CRC
- ☐ b) The Manor School
- ☐ c) The Meadows Centre

Answers: Q1 c Q2 a Q3 b Q4 a Q5 a

Summer at 'The Meadows Centre

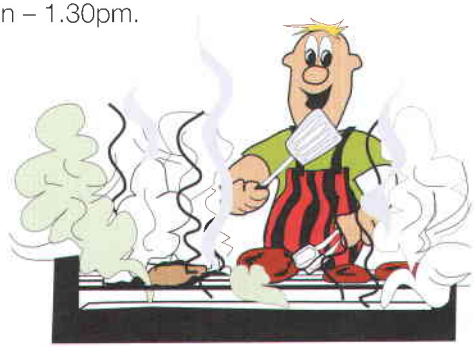
Tea Dances:
June 13th & 27th
July 11th & 25th
No Dances in August
September 12th & 26th
October 10th & 24th
November 14th & 28th
December 12th

Cut price badminton court

Once again this year during July and August the Meadows will be offering local residents the chance to hire our badminton court for £5 per hour. Bookings can be made by contacting the Meadows office on 01223 508140.

SUMMER BBQS

The popular Friday BBQ's will be returning to the Meadows on July 25th, Aug 1, 8, 15, 22, 29, between 12noon – 1.30pm.



Arbury Community Centre, Campkin Road, Cambridge

The Community Centre is an ideal venue for family social events, meetings and much more. A large number of organisations use the Community Centre for regular meetings so why not make new friends and learn new skills by joining in.

You may have thought of a group you would like to start - please contact us and we will try to help you start up if we can. Alternatively have you ever considered helping others in the community? If the answer is yes then we are always pleased to welcome volunteers to help at the Community Centre.

Finally please remember this is your Community Centre and the more you put in the more you get out. Feel free to drop in or contact us for more information, I think you will be pleasantly surprised.

Alan Soer
Centre Developer and Caretaker
Tel: (01223) 712038

Robert at Home

An informal, tenant driven meeting where you can discuss housing and grounds maintenance issues directly with officers from the council.

The dates of the Robert at Home meetings are :

Tuesday 29th July 2008, 2.30 pm, North Arbury Chapel, Cameron Road

Tuesday 23rd September, 2.30 pm, North Arbury Chapel, Cameron Road

Tuesday 18th November, 2.30pm, North Arbury Chapel, Cameron Road

North Area Committee dates 2008

The North Area Committee meetings happen throughout the year at the Manor School on Arbury Road. Ward Councillors. Local police and representatives form the Council are there to answer your questions.

19th June 2008 7.30 pm
14th August 2008 7.30 pm
9th October 2008 7.30 pm
11th December 2008 7.30 pm

Useful Numbers

Neighbourhood Community Development Team
Sally Roden **Tel: (01223) 517523**
Binnie Pickard **Tel: (01223) 508149**

Housing North Arbury Road Office
Repairs Free phone: **0800 731 5274**
Rents Free phone: **0800 731 4878**

City Rangers
Tel(01223) 458043

Anti Social Behaviour Team
Tel (01223) 458282

Arbury Community Centre
Tel: (01223) 712038

Buchan Street Neighbourhood Centre
Tel: (01223) 508149

Kings Hedges Learner Pool
Tel (01223) 353248

Meadows Community Centre
Tel(01223) 508140

No 37 Lawrence Way
Tel (01223) 508197/508151

Dog Owners

We have had several complaints about dog fouling in the area. If you are caught letting your dog foul the grass areas you can be fined. Green dog bags are available from No 37. Please call in and we will gladly give you some.

From Mary Denny

A belated Thank you to everyone for the good wishes, gifts, flowers and yes even a holiday that I was given for my 70th Birthday in April.
Seems the older I get, more friends increase
Lucky Me!
Sincerely
Mary Denny

The aims of the Kings Hedges Neighbourhood Partnership are

To act as an umbrella organisation, bringing together all community groups and agencies operating in Kinks Hedges. To improve facilities, encourage self-help and involvement. Increase community spirit and act as a campaigning voice for the whole area.

If you would like to advertise or contribute to the Community News, the deadlines for this year are 11th August and 10th November.

CAMBRIDGE CITY COUNCIL Community Development

The Kings Hedges Neighbourhood Partnership is sponsored by Cambridge City Council Community Development Department.